

# Wellness Bulletin

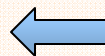
August 2011

## Upcoming Events

- August 10<sup>th</sup>** **Coping with the Stress of Change**  
10 am – 12 pm & 1 -3 pm (2 sessions)  
10000 Goethe Rd, Sacramento  
Timber Peak Rm
- August 11<sup>th</sup>** **Coping with the Stress of Change**  
10 am – 12 pm & 1 -3 pm (2 sessions)  
9838 Old Placerville Rd, Sacramento  
Conference Room 112
- August 15<sup>th</sup>** **Top Loser Final Weigh-in**  
1800 15<sup>th</sup> Street, Sacramento  
SPP Lobby
- August 16<sup>th</sup>** **Coping with the Stress of Change**  
10 am – 12 pm & 1 -3 pm (2 sessions)  
1515 S Street, Sacramento  
Kern/Colorado Rm
- August 25<sup>th</sup>** **Top Loser Awards Ceremony**  
12 pm – 1 pm  
1515 S Street, Sacramento  
Kern/Colorado Room

## "Coping with the Stress of Change" Seminar

Stress associated with change can be both good and bad, depending on personal perceptions. Surprisingly, even positive changes in life, such as a new job or promotion, can contribute to high levels of stress due to the multiple adjustments to the new event that are required. This seminar explores typical responses people demonstrate when change happens, such as resistance to change, stress reactions to change, and creating opportunities from the change process.



Check out "**Upcoming Events**" for dates/times/locations for this seminar.

All workshops are seated  
on a first come, first seated basis

Please receive approval from  
your supervisor to attend.



## EAP Highlight Member Matters

As part of your Employee Assistance Program (EAP) benefits, you can access a host of online tools to help you balance your health, work and life.

Member Matters is your monthly e-newsletter and gateway to your EAP member website, where you'll find tools and information on a variety of topics including emotional health, fitness, relationships, financial issues and much more.

Click on this URL to access the Member Matters Newsletter for July –

[https://members.mhn.com/news/july11/mm\\_soc.html](https://members.mhn.com/news/july11/mm_soc.html)

Call EAP at **1-866-327-4762**

Available 24 hours a day, 7 days a week

Or visit: **[www.eap4soc.mhn.com](http://www.eap4soc.mhn.com)**

and register with access code: soc



## "Did you know?"



### New Updates to the CDCR Layoff Resource Intranet Page!

In a continued effort to provide support to CDCR staff, the CDCR Intranet and Internet has been updated to include a "**CDCR Layoff Resources**" link to provide one location for staff to obtain information related to layoff plans, DJJ closures, crowding reductions, and AB 109 Implementation.

**New** updates have been posted to this site to provide employees with **Employment Resources** and important information regarding your **Seniority Score Verification**.

This site is updated routinely as information becomes available.

Visit the **CDCR Layoff Resources** page:

<http://intranet/ei/ER/Pages/Layoff11.aspx>

<http://www.cdcr.ca.gov/layoff-resources/index.html>

### Got WATER?

Water is a critical element of the body, and adequate hydration is a must to allow the body to function. Up to 75% of the body's weight is made up of water. Most of the water is found within the cells of the body (intracellular space). The rest is found in what is referred to as the extracellular space, which consists of the blood vessels and the spaces between cells.

Dehydration occurs when your body loses more water than it takes in. We lose water routinely when we:

- Breathe and humidified air leaves the body
- Sweat to cool the body
- Eliminate waste from our bodies

Dehydration can result in:

- Muscle cramps
- Nausea/Vomiting
- Heart palpitations
- Lightheadedness
- Dry mouth

The best way to treat dehydration is to prevent it from occurring in the first place. To prevent dehydration:

- Drink at least eight 8-ounce glasses of water a day.
- Consume juicy fruits such as pears, and watermelons, which are 80 percent water and are especially good for moisturizing the lungs and respiratory system. (Remember: since fruit contains sugar, limit your intake to two pieces a day.)
- Keep bottled water readily on-hand at home and in the office, and make sure to drink plenty of water before, during and after exercise.
- Use a sports drink if you are going to be exercising longer than 1 hour.
- Avoid alcohol, coffee, colas, or other drinks that contain caffeine, as they will dehydrate you faster.

Article from:

<http://www.medicinenet.com/dehydration/article.htm>

### Ways to Achieve Balance

Life can be a juggling act. Work, family and personal needs compete for your time and attention, but a sense of "balance" can help you create a rich and varied life free from conflicting demands. Here are some ways to help you achieve balance:

#### AT HOME

- Spend time with your children
- Make meal times special
- Have fun with your family



#### AT WORK

- Plan, prioritize and organize your work life
- Take breaks
- Use your lunch hour for quick errands

#### LEISURE TIME

- Cultivate personal interests
- Build regular exercise into your routine
- Take mini-vacations

Provided by MHN

### The Certified Farmer's Markets of Sacramento are open!

Find them all at:



<http://www.california-grown.com/Market-times.html>

**Apricots**, **peaches**, and **nectarines** are now full of flavor. For yellow varieties, look for a good background color near the stem to pick the ripest fruit. For other varieties, follow your nose. What smells great often tastes great too.

Several different kinds of yellow and green summer squash are available. One cup of any variety of chopped **zucchini**, **scallop** or **crookneck squash** has only 20 to 30 calories.

**Watermelons** and **cantaloupes** are in season. Frozen cubes of **watermelon** or fresh slices of **cucumber** add a refreshing boost to a glass or pitcher of ice water.